

Northern Cheyenne Suicide Prevention

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline

1-800-273-TALK

There are also many resources in the community

Emergency Room
477-4477

Police Station
477-6288

Behavioral Health
477-4514

Meth/Suicide Prevention
477-6722 x1204

Seven Feathers Healing Center
477-6722 x1024

Public Health Nursing
477-4509

Health Education
477-6722 x1210

Faith Based

Blessed Sacrament Church 477-6384
Christ the King Church 592-3568
Morning Star Baptist Church 477-6264
Christ the Rock 477-8645
White River Mennonite Church 592-3643

Spiritual/Cultural Leaders
Don Shoulderblade 477-3293

Suicide Warning Signs

If you or someone you know exhibits any of the following warning signs please seek help immediately

Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself

Looking for ways to kill oneself by seeking access to firearms, available pills, or other means

Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person

Feeling hopeless

Feeling rage or uncontrolled anger or seeking revenge

Acting reckless or engaging in risky activities-seemingly without thinking

Feeling trapped-like there's no way out

Increasing alcohol or drug use

Withdrawing from friends, family, and society

Feeling anxious, agitated, or unable to sleep or sleeping all the time

Experiencing dramatic mood changes

Seeing no reason for living or having no sense of purpose in life

The more clues and signs observed, the greater the risk
Take all signs seriously